

## **Historic, Archive Document**

**Do not assume content reflects current scientific knowledge, policies, or practices.**



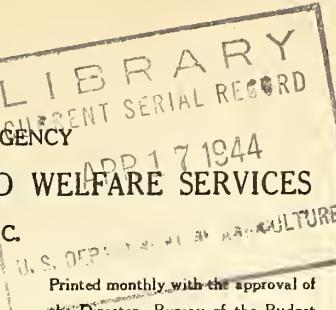
Reserve  
173.3 MU  
173.3

FEDERAL SECURITY AGENCY

OFFICE OF DEFENSE HEALTH AND WELFARE SERVICES

WASHINGTON, D. C.

Director  
FEDERAL SECURITY ADMINISTRATOR



March 1943

NUTRITION NEWS LETTER NO. 11

Nutrition of Industrial Workers



A new pamphlet outlining the wartime Nutrition in Industry phase of the National Nutrition Program and ways in which Government, industry, labor, and State and community nutrition committees can be of service in maintaining the health and efficiency of war workers is now being printed. It will be distributed to regional nutrition representatives, nutrition committees, plant executives, cafeteria directors and dietitians, public health and industrial hygiene officers, industrial physicians and other interested persons or groups upon request.

The Nutrition in Industry program aims to encourage adequate plant and community feeding and nutrition education for workers and their families that will guide them in the right choice and preparation of available foods under wartime rationing. The problems outlined and suggestions made for meeting them are based on in-plant and community experience.

In-plant advisory services are provided by the Technical Advisory Staff in Washington and by assistant regional nutrition representatives. They include: advice to plant executives on in-plant feeding conditions; effective use of available equipment; suggestions to cafeteria managers and dietitians on menu planning under wartime rationing; information on available promotional materials and nutrition educational programs for workers; and cooperation and assistance that may be secured from nutrition committees.

On the community and home fronts, the formation of subcommittees on nutrition in industry is recommended. One-third of the States have already appointed these committees. Activities for such committees as suggested in the pamphlet are as follows: assisting the nutrition committee in planning a publicity program through newspapers, magazines, plant publications and radio, including lunch box packing instruction and demonstrations, use of food ration points for securing best food values, campaigns to secure and publicize cooperation of restaurateurs and demonstrations of factory canteen services, distribution of posters and fliers, efforts to encourage interest and cooperation of local Chambers of Commerce, Manufacturers Associations, plant manufacturers and labor organs. Some suggested sources of Government and other materials to aid in these activities are listed in the pamphlet. These include posters, pamphlets, films, radio scripts and a Nutrition News Service, provided by the Nutrition in Industry Section and at present reaching 1,200 plant magazine editors, and 800 editors of labor publications and other industrial and trade publications upon request.

An important part of the program as outlined consists of cooperating with food, restaurant, utility and similar industries which offer educational programs to industrial plants. The Nutrition Division has facilities for reviewing the material included in all such programs.

Through the Nation-wide organization constituting the National Nutrition Program, it is possible for any industrial plant or community, no matter how large or small, to obtain advice on procedures to protect the health of industrial workers through good nutrition. Requests for advisory service may be made to regional offices or to the Washington office.

The Nutrition News Service mentioned above is distributed to editors by the Office of War Information. Names and addresses of plant executives, editors, cafeteria managers, dietitians, industrial physicians, and industrial nutrition committees may place requests for this Service with the Regional Nutrition Representative. Local activities of general interest and development of good factory feeding programs, meriting national publicity, may be sent to the Regional Offices.

Recruiting Dietitians and Others Qualified to Fill Food Service Positions.

The present interest in the need for adequate restaurant and lunchroom facilities in war industries is emphasizing the increasing demand for experienced administrative dietitians, restaurant managers, or food service directors. There has not seemed to be an adequate clearing house for all of the people who might be qualified for such positions or for industry to acquire the names of possible candidates. As an initial step in recruiting the potential professional or experienced personnel to meet this expected demand, the following procedure is suggested:

1. For Graduate Dietitians With Experience in Commercial or Large Quantity Food Service. Many of them are members of the American Dietetics Association and may register with and be contacted through the American Dietetics Association Placement Bureau, 185 North Wabash Avenue, Chicago.
2. For Experienced Dietitians and Food Service Directors Who May Not Be Members of the American Dietetics Association and Others Qualified to Fill Food Service Positions in Industrial Plants. For this group, registration at the nearest local office of the United States Employment Service may serve to bring them in contact with industrial plants.

The recruitment of men or women through the United States Employment Service is in line with the general policy established by the War Manpower Commission for the recruitment of workers needed for war production and essential civilian needs. The regional nutrition representative can give helpful advice on the qualifications necessary for positions in the food industry. Questions or problems involving the recruitment and placement of workers in the food industry should be referred to or discussed with the nearest area or local office of the War Manpower Commission.

How Nutrition Centers Are Functioning

Nutrition Information Centers have become the focal points for the activities of several city nutrition committees. In many instances, these centers are located in the lobby of a public utilities company and in larger cities, branch centers have been established. Several cities are making their centers serve a variety of purposes; distribution of materials, answering of questions, informal consultation, storage and filing of all materials, speakers bureau. The Centers are staffed by Nutrition Aides, on duty certain days of the week. They keep record of all people who use the center and the numbers are growing as people learn

about the service. Continuous publicity about the Center and its activities is necessary if it is to serve a large number of people. One city has press and radio announcements weekly or oftener and also publicizes it through P. T. A., Woman's Club, and Public Library. A volunteer filing clerk and an adequate system of filing which keeps materials classified, readily available and supplies replenished, is essential to the success of these Centers.

The idea of having a central spot serving as headquarters for the committee as well as an information center may be suggestive to other cities in making their plans for the year.

#### More Health on the "Snack" Counter

Several school systems from which reports have recently been received are promoting the sale of fresh fruit and nuts instead of such nutritionally less desirable items as candy and soft drinks. In one school a student committee voted to take candy and soft drinks off the lunch counters, in another the P. T. A. took the initial step, and in still another the change was promoted by the local Nutrition Committee and the school board. Certainly when we are attempting to make "eating the right foods" easy and attractive this is a step in the right direction.

#### Use of Volunteers in Hospital Dietary Department

Several hospitals have been making use of nutrition trained volunteers to relieve the acute labor shortages which such institutions are facing. One especially interesting plan for the use of volunteers has been worked out at the University of Cleveland. They have 85 school teachers who give one or more nights a week from 4:30 to 7:00 to help with the service of supper. They were recruited by the dietary department but make application through the hospital volunteer office following the same regulations as do the volunteers in the nursing service. The supper hour presents a particularly difficult labor problem and that is the best time for teachers.

They also have 25 day volunteers working from 9:00 to 1:00 or 10:00 to 3:00. Some have had courses in nutrition and canteen work and others are "just good loyal workers." They use them in all departments and move them about so that they become familiar with all units of the dietary department. In emergencies they can be shifted to spots needing help.

#### Give Iodized Salt a Boost

The Food and Nutrition Board of the National Research Council recommends that renewed emphasis be given the use of iodized salt. The demand has been decreasing in spite of scientific evidence that its use is distinctly prophylactic and not detrimental.

#### Bibliography on Food Habits

Community nutrition workers have long recognized that it is easier to give people information about nutrition than to actually change food habits. Under the present wartime conditions, application of nutrition is liable to involve more or less drastic changes in food habits for many people. It, therefore, behooves the professional nutritionist to have an appreciation of the psychology of food habits as a tool to use in teaching nutrition. The Food Habits Committee of the National Research Council has been giving serious consideration to the problem and several articles have been published as a result of the studies. Other studies will be published in the future as research now in progress is completed. For your convenience, the following list of references on the subject are recommended:

1. "Nutrition and Mental Health." Understanding the Child, Vol. XI, April 1942.

Binger, Carl. "A Word to Teachers About Eating Habits"  
Ciccarelli, Eugene. "Emotional Factors Operating as Primary Causes of Malnutrition"  
Murrah, Pauline. "The Classroom Teacher and Nutrition Education"  
Pfaffmann, Mary. "Teaching Good Food Habits in a Clinic"  
Williams, Edith, and Ridenour, Nina. "Balanced Diets and Balanced Personalities"  
Wolf, Anna W. M. "Understand Emotions to Improve Nutrition"

2. Bennett, Smith and Passin. "Food and Culture in Southern Illinois." Am. Sociol. Review, 7, 645-660, Oct. 1942.
3. Howe, Paul E. "Can Food Habits Be Changed?" U. S. Dept. of Agric. Yearbook, p. 131-8, 1939.
4. Joffe, Natalie & Nizzardini, G. "Italian Food Patterns and Their Relationships to Wartime Problems of Food and Nutrition." National Research Council Report, p. 1-22, Sept. 1942.
5. Mead, Margaret. "Dietary Patterns and Food Habits." Jour. Am. Diet. Ass., 19, 1-5, Jan. 1943.
6. Mead, Margaret. "The Factor of Food Habits." The Annals: Nutrition and Food Supply, The War and After, 225, 136-141, Jan. 1943.
7. Sweeny, Mary E. "Changing Food Habits." Jour. Home Ec., 34, 457-462, Sept. 1942.

Sincerely yours,



Helen S. Mitchell,  
Principal Nutritionist.

Note: When materials are needed by a specific date, be sure to order well in advance. Mail and transportation delays are inevitable. Also check with your local post office or other agencies for materials which may have been received but not delivered to the proper person.

P. S. For addresses of Regional Nutrition Representatives, see previous News Letters.